

DISCOVERY

BROOKS
CITY-BASE
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The Development of Combat Power and Efficiency

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Through the Many Facets of Aerospace Medicine

AFIOH, USAFSAM teams compete in Combat Olympics

By Kendahl Johnson
Discovery editor

Two teams from the Brooks medical community are competing in the first annual Combat Olympics at Lackland Air Force Base. The three-day competition, which concludes today, tests participant's medical knowledge, as well as physical and mental endurance.

Air Force sent teams from the U.S. Air Force School of Aerospace Medicine and Air Force Institute for Operational Health to compete against teams from Lackland and Randolph. The teams arrived at Lackland's Camp Rissington Wednesday and set up camp. The competition is staged as a deployed scenario and participants slept overnight in tents.

The event was organized to not only test medical skills, but to increase base morale and promote Air Force unity. "The idea is to boost the esprit de corps of the

bases and to unite the three San Antonio bases," said Master Sgt. Malynda Emerson, Brooks employee and secretary for the Combat Olympics Committee. "We don't get the opportunity very often to work with Lackland and Randolph. We train for mass casualties and if something serious were to happen in San Antonio, then the three bases would have to come together."

The AFIOH team is captained by Master Sgt. Darrell Smith, AFIOH's first sergeant. Although he said his team lacks experience, he feels they have the knowledge and enthusiasm to be competitive. "We don't come in with a great breadth of experience, but we have knowledge in specific areas of the competition," Sergeant Smith said. "We are driven by the excitement of being able to compete."

Because it this is the first Combat Olympics, Sergeant Smith said his team isn't sure what exactly to expect. "We

are prepared to do our best, but will be shooting from the hip; we are going to be winging it somewhat," he said. "We are just going to go out there and work hard to get the job done. We are going to give it our all and have fun."

Staff Sgt. Christopher Hughes, a bioenvironmental engineer, is the team leader for the USAFSAM team. He said his team is also young but to an advantage. "We are going to strictly rely on our youth," he said. "Hopefully, we should be a little more agile and have a little more athleticism than the other teams."

He said that he recruited team members on a strategic level. "We have people who are knowledgeable in all the different areas of the event. We are well-equipped to handle the competition."

Combat Olympics includes a combination of mental and physical events, including a Law of Armed Conflict challenge, a Humvee pull, an obstacle course, a sniper

fire land navigation event and capture the flag. Sergeant Emerson said there will also be some surprise and unexpected events. "Whenever we train, one of the key points taught is flexibility," she said. "This will test the flexibility of the teams."

In addition to team leader Sergeant Smith, the AFIOH team is comprised of Staff Sgt. Anthony Lowman, Senior Airman Ricky Penuelaz, Staff Sgt. Alenxander Bestard and Senior Airman Raul Guterrez-Rey. Sergeant Hughes leads the USAFSAM team of Capt. Angel Rivasrivera, Tech Sgt. Margaret Rawls, Staff Sgt. Daniel Paxton and Staff Sgt. Lakeatta Tonge.

Everyone who participates will receive a Combat Olympics coin, with trophies being awarded to top three teams. A Command Chief Cup will be presented to the winning base. Sergeant Emerson said the plan is to eventually invite teams from the Army and Navy to compete.



Photo by Staff Sgt. Brandy Bogart

Staff Sgt. Christopher Hughes (front right), team leader for the U.S. Air Force School of Aerospace Medicine team, and three team members prepare for a litter carry in one of the Combat Olympics events at Camp Rissington, Lackland Air Force Base. This USAFSAM team and a team from the Air Force Institute for Operational Health are competing in the first annual event.

Changes approved for Sports Day 2005

By Rudy Purificato
311th Human Systems Wing

In anticipation of a second Sports Day 2005 proposed for Oct. 21, the Brooks Sports Advisory Council unanimously approved major changes to this multi-sports format during a Sept. 28 special session.

Acting on recent recommendations made by Eric Stephens, 311th Human Systems Wing director, the council voted to restructure the scoring system, add new events and modify some others.

"Mr. Stephens has made suggestions to enhance Sports Day by promoting team-building activities," said fitness center specialist Willie Mastin in his report to the council. Among them is creating a four-member team obstacle course event, he said. The other new event that was approved is speed golf featuring a 'shotgun start.'

The council also approved modifying women's basketball to include teams composed of one man and two women; and converting racquetball and tennis into co-ed doubles matches.

The scoring system was changed to make the competition more equitable for base organizations with smaller talent pools. The old system awarded participation points and points for finishing first. The new system will award five points for winning an event, four points for second place, three points for third and two points for fourth.

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COMMENTARY

Are you prepared?

By Maj. Dani Johnson
4th Air Expeditionary Public Affairs

I thought I was ready to deploy but I didn't realize how unprepared I really was until I received orders to move within 24 hours. I had to ask myself the question: How prepared am I to face unexpected contingencies or disasters?

I received the notice the morning of Sept. 3 to deploy the next day to Maxwell Air Force Base, Ala., for Joint Task Force-Katrina. My mind scrambled as I thought about what I needed: orders, plane tickets, gear. My staff had to be recalled so I could go over the next month's events since I didn't know how long I would be gone. Professionally I was ready and prepared.

Personally, I wasn't quite as ready. As I did five loads of laundry, my mind went over what I would need. I had the recommended packing list but that had primarily only professional gear listed. I thought I had everything until I got here, unrolled my sleeping bag and realized I didn't bring a pillow. Living in bare base conditions, there were small things I could have brought to enhance my quality of life. But because I wasn't prepared, I forgot them.

While I was packing and calling my parents, I had to find someone to watch my cats. Military families with children have to have a short-term care program. Those of us with pets aren't required to have one. I realized that I needed to have a plan for these exact times. Thank goodness for the kindness of neighbors.

After I redeploy, you can bet that I will have a personal short-notice deployment kit at home with a to-do list with what needs to be done before I depart.

Shortly after I arrived, I escorted national media on a helicopter flight over the city. As I looked down at the water surrounding houses, I asked myself: Would I be ready to evacuate my home if I needed to? What would I take with me?

Many of us don't want to deal with the reality that a disaster could happen to us. Unfortunately it has been proven time and time again that something will happen. Once I'm home, I also will create a list of what I would take with me if I had to evacuate my home.

The other part of being prepared is ensuring you can replace your belongings if needed. I'm not advocating one insurance company over the other but it's important, whether you are renting or owning, you have insurance to cover any losses.

Shiver me timbers, me hearties!

(Editor's note: This article is one in a continuing series of articles highlighting the best board game alternatives for classic yet tired games like Monopoly, Clue and Risk.)

By Kendahl Johnson
Discovery editor

Just a few short weeks ago (Sept. 19), our great nation celebrated Talk Like a Pirate Day. For those who missed this obscure, tongue-in-cheek holiday, Pirate's Cove from Days of Wonder provides more opportunities of talking like a pirate, as well as an entertaining game of pillaging islands and plundering booty.

In Pirate's Cove, players take on the role of a pirate captain trying to gain fame by visiting different islands, plundering gold and treasures, and ultimately burying their loot to score points. Along the way, players battle opponent's ships, along with the Royal Navy and Legendary Pirates, making for a family-friendly game with a great theme and fun interaction.

Each round, six islands reveal a Pirate Card which determines the booty waiting to be plundered at that island. The Pirate Cards show value in four areas: fame, gold, treasures and action cards. Islands are also where pirates have the opportunity of upgrading a different part of their ship.

Players secretly chose one of six islands where they will land. If you are the only pirate to land on a given island, you get the full value on the card without challenge. If multiple scallywags chose the same island, they must battle until only one ship is left, and that ship then gets the loot. Fame points are especially valuable, as they are not only in short supply, but the pirate with the most fame after 12 rounds wins the game.

Each player's ship has four characteristics that can be upgraded. Each player has a copy of their ship in front of them that shows its current status in each area. The ship's hull determines how many treasures can be carried, cannons and crew determine strength in battle, and the ship's sails determine speed in the battle. Investing gold to upgrade these capabilities is essential to winning battles. Different islands allow different upgrades, which factors into the decision of which island to sail to.

Battles are begun by the player with the fastest sails and they can choose to fire or flee. If they fire, they target one of the four areas of a competing ship and roll a number of dice based on the number of cannons and crew of their ship. Rolling a five or six results in a hit, damaging the area targeted. After one firing, the next player then fires back or flees, until someone flees by choice or is forced to. Pirate's Cove when one of their ship's areas is damaged by lowering its value beyond the last rating space. Players being sent to Pirate's Cove receive two action cards that will hopefully allow them to avoid a similar fate in their next battle.



4.5 out of 5 jacks

Theme: This game is dripping with a rich pirate atmosphere. Attach another theme to this game and it might not be as much fun, but the game is very entertaining with the pirate theme. The

fun increases when players get into the spirit of the game. Threats with bad pirate accents abound throughout the game, which increases player interaction and causes both laughs and groans.

Decisions, decisions: At first glance, this game seems lightweight and overly simple. It is very easy to teach and understand (although a thorough reading of the rules before playing is highly recommended). But there are a lot of decisions to make. The main decision comes in choosing which island to navigate to. Do you choose the island that will help you upgrade your ship in that one needed area? Do you choose the island that offers the most treasure or fame? Or do you base your decisions on the second guessing of what the other pirates might be choosing, hoping to either avoid or engage in conflict? You must also decide the right time to go to Treasure Island, where you exchange your plundered booty for fame points.

Luck: Luck is a factor, but it doesn't detract from the enjoyment of the game. You certainly can lose an important battle by poor rolls of the dice, but use of battle and volley cards provides some balance. And although the battle system is overly simple, it leads to intense little battles that you can't help but care about. Because you just invested the last few turns upgrading your ship, losing upgrades in battle can be excruciating. When the cannons start firing, do you retreat, or do you hope to cut the bitterness of your injuries with the sweet taste of your enemy's suffering?

Game length: At about 60 minutes, the game length feels just right. There are 12 rounds and each round lasts about five minutes. Knowing the game is limited to 12 rounds increases the tenseness and enjoyment of the game. Because the game is so short, you feel like making the right decision and maximizing each turn is critical. Fame points are scarce and missing an opportunity to earn some in a turn might make the difference in the game.

Although there may be other games with more strategy or better tactics, very few come close to rivaling this game in pure fun. And yet, it still has some strategy, bluffing and decision making. Wrap all that up in a nice package with superb production values and you have one deliciously fun game. So go plunder ye local game store for this piratey goodness, me hearties!





Students prepare for robotic competition

By Elizabeth Castillo

Discovery writer

Volunteers from Brooks are assisting in an upcoming competition, where high school and junior high students will be designing, creating and building functioning robots to compete in an outer space scenario.

Boosting Engineering Science and Technology, or BEST, is a non-profit organization that aims to inspire students to become more involved in engineering, science and technology through a robotic competition. With the help of volunteers from many companies and organizations, BEST is able to have several hubs throughout the state and country.

"We are trying to expose kids to engineering and science disciplines. We are trying to get them energized and interested so maybe they will follow that course of learning into college," said Howard Strahan, chief engineer of the Human Systems Group and head referee for San Antonio BEST. "If we get two or three kids to go and be engineers, then we have done our job."

San Antonio BEST is San Antonio's "hub" and the competition is already under way. The kickoff event was Sept. 10, and students received their robot kit and were able to see the field where the competition would

take place for the first time. The students are allowed to use only the items given to them in the robot kit that includes the necessities to make a functioning robot. A total of 28 teams will be competing in this year's SA BEST competition with students participating from numerous school districts.

This year's competition assignment is "Mission to Hubble," and the field is designed to represent the orbited Hubble telescope. In the game scenario, all shuttles have been grounded and no manned missions are able to care for Hubble's needs. It is the mission of the students of BEST to come up with a robot that is able to do the jobs of a human and service the Hubble.

"It is really amazing to come out and see some of the robots that these kids come up with," Mr. Strahan said. "To see them realize that they took an idea and concept and make it a working machine is fun to see."

Four teams compete in three-minute matches with robots attached to a tether arm. One team member will control the tether arm and another will control the robot attached to it. Together the teams' robots will have to remove and replace batteries and gyroscopes for the Hubble telescope. The robot must also be able to attach de-orbit rocket engines and work together in order to attach a booster motor.

Along with the robotic portion of the competition, there are other awards given to teams such as best t-shirt, most robust, most photogenic and most spirited robots. The students are also required to create a notebook which documents their progress and procedures used to make their robot.

"They do more than just the game part of it, we try to teach them that to really do good sound engineering, you have to document what you do," Mr. Strahan said. "We judge them on that; it is a separate award."

The first rounds of the competition include all 28 teams in three-minute matches. Judges then choose the best eight to advance to the final round. The top two of the robotic portion and top two of the notebook portion will then represent SA BEST in the state competition, Texas BEST, Dec 2-3.

Students from the Holy Cross High School Robotics Team are excited about the competition and enjoy the chance to create a functioning machine.

"SA BEST has made me more interested in the fields of science and engineering," said Jason Emilio Rew, a freshman at Holy Cross High School. "It inspires me to build robots that can help people in everyday life."

Students from diverse backgrounds compete in the BEST competitions, as the competition



Courtesy photo

Students from around the community examine the playing area to be used in an upcoming robotic competition. The event aims to inspire students to become more involved in science and technology.

is free. Students only need to belong to a team and have a teacher from their school as their representative. This year there is even a home-schooled team competing.

Students are able to not only learn about science, technology and robotics, but they are able to gain scholarships from the competitions.

According to Mr. Strahan, the BEST competition has inspired some past students to pursue a career in engineering. "Several times we have gone to Texas BEST (competitions) at Texas A&M and we have had people come up to us that are attending A&M and say that they had par-

ticipated in SA BEST and are now studying engineering," he said.

The chance to work as a team, building robots that can perform difficult tasks is what the BEST organization offers to students. What the students gain from their experience may shape the future of their lives.

"SA BEST is a wonderful organization," said James Hopkins, a junior at Holy Cross High School. "I feel it gives San Antonio's students an opportunity to develop a more analytical way of thinking. Even if your team loses, it still brings a certain satisfaction in yourself that you learned something new."



Brooks City-Base kicks off CFC with breakfast, auction

By Maj. Robert Pluta

Combined Federal Campaign project officer

To celebrate the start of the 2005 Combined Federal Campaign, Brooks City-Base hosted a breakfast and auction Sept. 29 in the Brooks Club.

Eric Stephens, director of the 311th Human Systems Wing, set the tone for the campaign by stressing all the good things which CFC does for our Brooks community and the local area. The goal for Brooks is to raise \$353,895, which represents a three percent increase over the 2004 contributions.

Capt. Michael Morton of The Salvation Army was the featured speaker. His 25-minute message held the capacity crowd's attention and was enthusiastically received by all attendees.

To raise money for the CFC, the kickoff event also featured an auction of donated items. Many diverse items were auctioned, including artwork, articles of clothing, services, tools, and varied electronic devices. The auction raised nearly \$600 on behalf of the CFC.

"Mr. Stephens is a terrific advocate of the CFC," said Maj. Barb Dauerty, CFC project officer. "The breakfast was well attended, the silent auction was fun and we raised a lot of money."

Contributors who have been waiting to give towards hurricane relief efforts are now able to do so through the Combined Federal Campaign. Although contributions made through the CFC cannot be earmarked specifically for use in disaster relief, CFC contributions may be used for general operating support at the organization's discretion.

Contributions allow the organizations to decide whether to use donated funds towards Hurricane Katrina disaster relief or to replenish its general funds to be used towards future disaster relief or other programs.

In addition, the CFC should be viewed as a means for providing long term assistance towards organizations providing disaster relief to those affected by Hurricane Katrina. CFC funds to these organizations will be distributed beginning April 1, 2006.



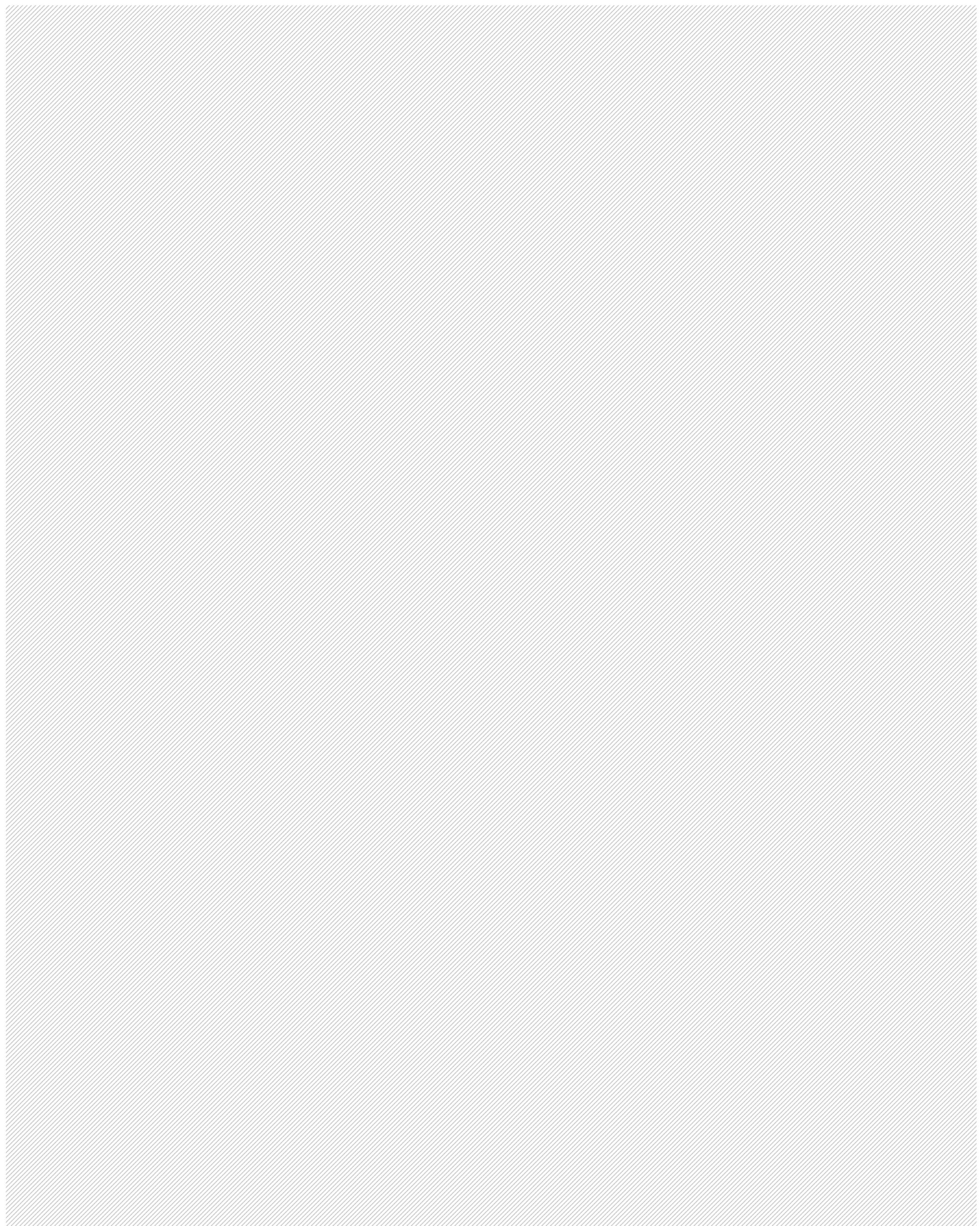
Photo by Tech. Sgt. Alfonso Ramirez Jr.

Capt. Michael Morton (center) of the Salvation Army visits with 311th Human Systems Wing director Mr. Eric Stephens and vice commander Col. Penny Giovanetti at the Combined Federal Campaign kickoff breakfast.

There are hundreds of organizations accepting CFC donations. The primary organizations which provide disaster relief are American Red Cross and The Salvation Army. A comprehensive listing of other organizations can be found at the

CFC website at www.opm.gov/cfc/disasters/katrina-relief.asp.

CFC keyworkers will be contacting Brooks employees, giving them the opportunity to contribute via cash, check or payroll deduction.





Hispanic author weaves children's tale at CDC

By Rudy Purificato
311th Human Systems Wing

A retired Air Force aircraft systems structural expert continued to make a name for herself in a completely different genre as part of the base's celebration of Hispanic Heritage Month.

Lupe Ruiz-Flores showcased a childhood memory at the Brooks Child Development Center on Sept. 22. In volunteering time to read from her book, she continues to build upon her growing reputation as a promising Hispanic author in the world of children's literature.

"It's the first time I have read to children here," said Mrs. Ruiz-Flores. She was invited to Brooks by Gil Dominguez, an Air Force Center for Environmental Excellence public affairs specialist and editor of CenterViews magazine.

Mr. Dominguez, a Brooks Hispanic Heritage Month Committee member and author of the book "They Answered The Call: Latinos in the Vietnam War," asked Mrs. Ruiz-Flores to speak after meeting her at the Latino & Hispanic Writers Society of San Antonio.

"I had always wanted to be a writer," she said. After graduation from Fox Tech High School in 1959, her career path took a different turn. She earned a bachelor's degree in business technology and a master's degree in computer information management while also completing a 25-year Air Force civil service career as an engineering technician.

"I worked on aircraft system's structural integrity," she said, noting that she also raised three children. Civil service retirement in 1999 gave her the time to pursue a writing career fulltime that had initially begun three years earlier as a

contributing writer to the national Christian magazine Guide Post. The turning point for her career came shortly thereafter. "I entered a writing contest and won," she said about her award-winning story that had been inspired by her grandmother who encouraged the author not to drop out of school.

She subsequently transitioned in children's literature, publishing in 1999 a 32-page bilingual book for youngsters called Lupita's Papalote (kite). The story, written in English and Spanish for 3-8 year-olds, is partially based on her childhood memories.

"It's about a young girl (living) in the barrio whose father makes her a kite. It was inspired by my dad," she said. Brooks youngsters eyed a kite that Mrs. Ruiz-Flores brought with her that she used as a prop while reading from her book.

She said, "I really thought the kite would lift me up off the ground. I was so scared, but my dad comforted me by touching me on the shoulder. That (true incident) is in the book." She enhanced the story enough to captivate the interest of young bilingual children with a kite that has magical powers and adventures.

"Writing has become my second career," Mrs. Ruiz-Flores said. The former Today's Catholic staff writer is currently working on a second bilingual children's book called The Woodcutter's Gift. It's also inspired by a childhood memory, she says, involving a tree that is saved only to produce something wonderful for the neighborhood.

She will be a featured reader on Oct. 29 during the 2nd Annual "Born To Read" program sponsored by the San Antonio Express-news at the University of the Incarnate Word.



Photo by Staff Sgt. Alfonso Ramirez Jr.

Author Lupe Ruiz-Flores reads to children at the Child Development Center as part of the Hispanic Heritage Month celebrations. Ms. Ruiz-Flores is pursuing a career in writing after a 25-year Air Force civil service position as an aircraft systems structural expert.



ERIC STEPHENS
311th Human Systems
Wing director

ACTION LINE

536-2222

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Only items of general interest will be published, so please leave your name and number for a personal response.

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59th Medical Squadron (Clinic).....	536-4715	Brooks City-Base AF Project Office.....	536-3655
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Photo by Elizabeth Castillo

Airman 1st Class Lucia Hinojosa (left), 59th Medical Squadron, stands next to Lucy Belles, director of the Family Support Center, and her brother, Petty Officer Second Class Hilario Lopez, and his family. The Lopez family evacuated their home in Beaumont, Texas, as Hurricane Rita approached and have not been able to return. Lopez, an aviation electronics technician for the Navy, has been staying with Airman Hinojosa in base housing and have received help and monetary donations and help from the FSC, Human Systems Group and Brooks community. "The support that we have gotten here at Brooks is amazing," Petty Officer Lopez said.

FAMILY SUPPORT CENTER

SMOOTH MOVE

Oct. 18 — 12:30 - 3:15 p.m., Bldg. 537

PCSing? Hear briefings from TMO, Legal, Clinic, Finance, Housing, and the Family Support Center and ask questions. Open to all active duty members, DoD civilians and spouses. Overseas move has its own set of challenges and opportunities. Learn more about OCONUS PCS by staying after for the PCS Overseas class.

SEPARATION AND RETIREMENT

Oct. 19 — 9 a.m. - 4 p.m., Bldg. 537

This is a mandatory class for active military personnel who are retiring or separating within 120 days. Topics covered are Pre-Separation, Veterans Benefits, Survivors Benefit Plans, TRICARE, and Financial Planning for Transition. Spouses are encouraged to attend.

PREDEPLOYMENT BRIEFING

Oct. 25 — 1 - 2 p.m., Bldg. 537

Mandatory briefings address issues that pertain to deployed service members and their families. Appointments necessary.

KEEPING A LID ON HOLIDAY SPENDING

Oct. 26 — 11 a.m. - 1 p.m., Bldg. 537

Have you set aside any money to pay for Christmas this year? Have you finished paying for last Christmas yet? If the answer is "no" to either of these questions, then this class is for you. Learn money saving tips, how to save for shopping, and how to set up a holiday spending budget plus more.

To register for a class, call 536-2444



Brooks offers training in domestic violence awareness

Brooks City-Base's Family Advocacy will be issuing a proclamation signed by Mr. Eric Stephens, director of the 311th Human Systems Wing, declaring October as Domestic Violence Awareness Month. The proclamation is just one of several education and outreach initiatives publicizing the special month.

The highlight of the month will be a lecture by Jane Shafer, program coordinator for the Family Assistance Crisis Team. Ms. Shafer works in the Victims Advocacy Unit of the San Antonio Police Department. She will discuss SAPD programs and current trends of domestic violence. The one-hour lecture is open both to active duty and civilians and their dependents. It will be at the Base Chapel Oct. 20 at 3 p.m.

"We are billing it as one hour of training that could save your life or save your family from disaster," said Elizabeth Thompson, Family Advocacy Intervention Specialist.

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year, the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.

In October 1994 NCADV, in conjunction with Ms. Magazine, created the "Remember My Name" project, a national registry to increase public awareness of domestic violence deaths. Since then, NCADV has been collecting information on women who have been killed by an intimate partner and produces a poster each October for Domestic Violence Awareness Month, listing the names of those documented in that year.

The Day of Unity is celebrated the first Monday in October. NCADV hopes that events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children.

Legal Assistance Hours: If you need a power of attorney, will or other legal assistance, please call the Brooks Legal Office at 536-3301. Legal assistance is available to active duty and retired military personnel and their dependents. Appointments are available Tuesdays and Wednesdays from 8:30-11:30 a.m. and walk-ins are welcome Thursdays from 1:30-2:45 p.m. The legal office offers notary services during duty hours Monday through Friday on a drop-in basis. Those with short notice deployment or other emergency may call or walk-in to the Legal Office any time.



Education notes

By Carolyn Croft-Foster
Brooks Education Services Office
536-3617

Officer Education Levels

All Officers need to verify their education level in the vMPF. If the education level that is reflected is incorrectly listed, please contact the AFIT Academic Coding Section at the afit.coding@afit.edu or 937-255-6565 ext. 4324.

If the education level is missing, an official transcript, sent directly from the school granting the degree to AFIT is required. The address at AFIT is AFIT-SCI, 2950 Hobson Way, Wright-Patterson AFB, OH 45433. Education Services does not have the ability to update an officer's records at the local level. Please allow ample time for this update to occur at AFIT and plan accordingly.

ACCD On-Base Classes for Flex 2

Registration is underway for the Alamo Community College District Flex 2 beginning in October. The eight-week courses offered on base by Palo Alto College will begin Oct. 17 and end Dec. 6. Class meets twice per week from 4:30 to 7:30 pm. On-base classes include Speech, English, and Art Appreciation. The representative visits Brooks City-Base every Tuesday. Please call 536-3617 to schedule an appointment.

Upper Iowa University

Upper Iowa allows students to complete degrees through its Military Campus Resident Centers, online, or through external degree programs. In Janu-

ary, Upper Iowa University will begin offering courses that also apply toward Community College of the Air Force, thereby allowing students to complete work toward a bachelors degree at the same time they meet requirements for CCAF. For more information, call 536-3617 to schedule an appointment with Maggi Monroe, the San Antonio Center representative. Pamphlets are available in the Education Office or visit the Upper Iowa website at www.uiu.edu.

Discover Program online

The Discover Program is a career exploration program for individuals searching for a new career. This program can be used by military, civilians and family members.

Texas State University

Texas State University offers a Bachelor of Applied Arts and Sciences degree. The BAAS degree provides an excellent opportunity for individuals to capitalize on prior work and training experiences. Students pursuing this degree may transfer semester hours previously earned, individualize the degree plan with major emphasis in an occupational field of choice, and earn semester hour credit for work and life experience and training conducted by business, industry, and military. Night classes are available in the San Antonio and San Marcos area. For more information or to schedule an appointment, call 536-3618.

Air Force Virtual Education Center

Service members can view information about Air Force education centers, individual education record, DANTES test scores, and tuition assistance requests from the on-line Virtual Education Center. Tuition assistance is requested through this website as well. CCAF Students can order CCAF transcripts from the website and view a web progress report. There are also practice tests available for CLEP exams and information about commissioning. To access the AFVEC go to <https://my.af.mil/afvecprod>. For more information, call 536-3617.



Air Force introduces youth fitness initiative

In cooperation with the U.S. Air Force Services, Brooks City-Base recently launched Fit Factor – a new youth fitness initiative that encourages physical activity and healthy eating selections, rewarding youth ages 9-18 years old for their fitness efforts.

Fit Factor is a web-based program that encourages youth to be physically active for at least 60 minutes each day through a variety of activities. This program promotes activities for every ability level and interest – from star athlete to couch potato.

Other goals for the program are to stimulate interest and awareness of the importance of healthy lifestyle, to encourage healthy choices and to teach youth the value of physical fitness.

"It isn't just about physical fitness; it's about nutrition and lifestyle changes," said Felicia McLaren, director of the youth programs.

Brooks kicked off the initiative Saturday at the Youth Programs Center with a Fit Factor Fun Day. Participants registered for the program online, then went through four exercise stations – crunch machines, a Tae Boe workout, dance revolution pads and stationary bicycles. For their efforts, the youth received points that can later be redeemed for rewards and prizes.

Twelve youth attended the kickoff, but Ms. McLaren said she hopes the number of participants reaches at least 25. "The program is something that can be worked easily because children can access it from home," she said.

Fit Factor offers five exciting levels for youth to complete as they participate in any physical activity. The Fit Factor levels are energy, strength, agility, adventure and endurance. Prizes will be awarded to youth as they accomplish each new level.

In addition to having fun, winning prizes and getting fit, Fit Factor will also encourage youth to include friends and family in fun physical activities and games, limit the amount of television and computer time they log each day, and adopt healthy exercise routines, including a broad range of physical and leisure-time activities.

"Being healthy and fit will put youth in touch with their bodies, increase their self esteem and help them establish the desire to set personal goals," said services publicist Janice McMahon, adding that the most important aspect of any exercise program is that it is fun.

"It is important that we provide our youth the opportunity to be active everyday, teach them to make informed nutritional choices and encourage a healthy lifestyle at all times," Ms. McMahon said. "The efforts will last a lifetime."

The Surgeon General, Vice Admiral Richard Carmona endorses the program. "As a society, we can no longer afford to make poor health choices such as being physically inactive and eating an unhealthy diet; these choices have led to a tremendous obesity epidemic," he said.

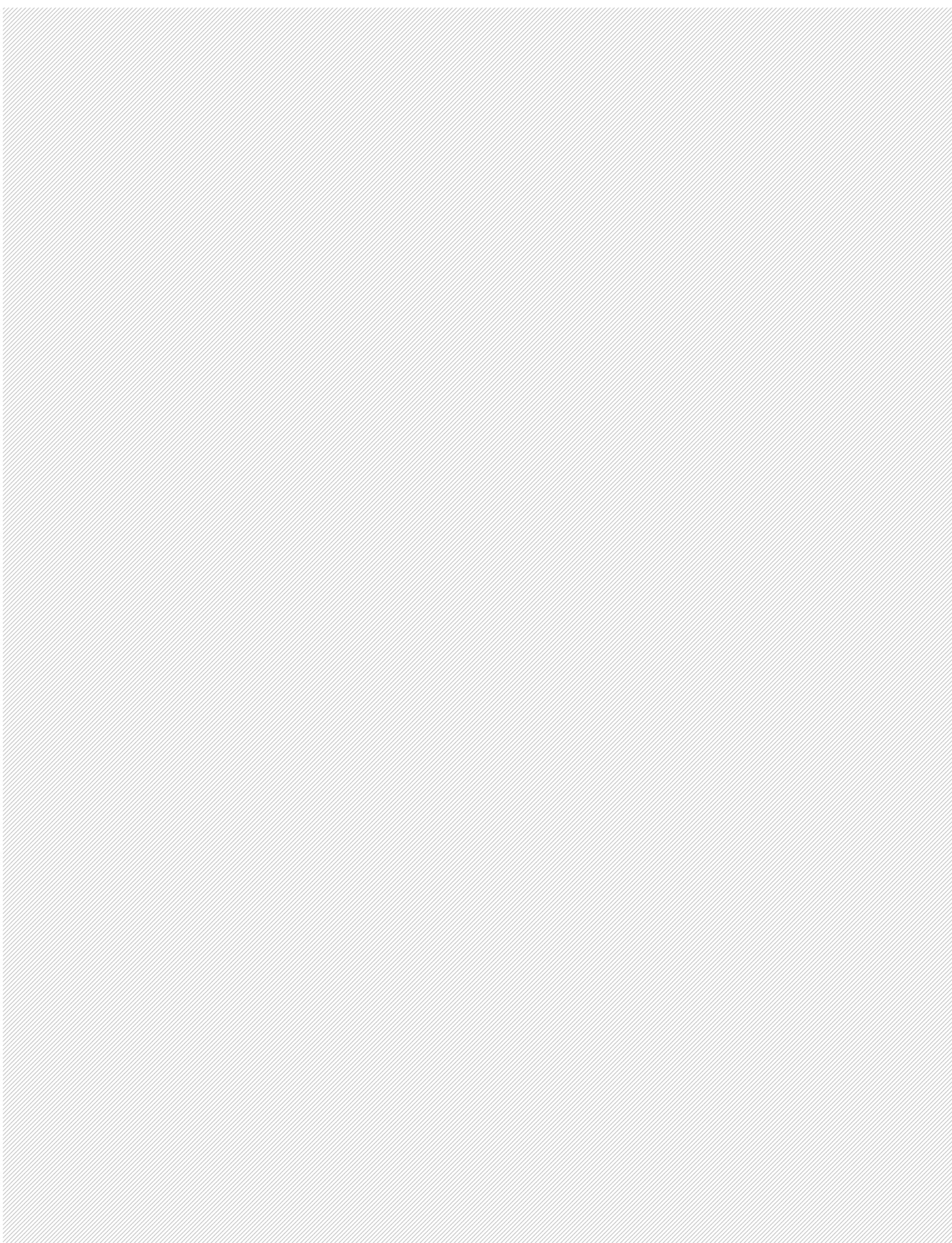
For more details or to register for the program, contact the Youth center staff at 536-2515.

— Services division



Photo by Gloria Reitzer

As part of the Air Force Fit Factor program, Anna Umfress, a Brooks dependent, takes part in physical exercise on a stationary bicycle at the Youth Programs Center. A dozen youth participated in the center's kickoff event — Fit Factor Fun Day — Saturday. Fit Factor promotes youth exercise and encourages healthy choices.





Brooks employees scheduled to receive NSPS 'trainer' training

By Ed Shannon

311th Human Systems Wing/PA

Eleven Brooks employees who will serve as trainers for several National Security Personnel System (NSPS) courses beginning next month will receive their training later this month, said Toni Robertson, Brooks NSPS training manager.

The first of a series of classes these instructors will teach will be a course geared to teach supervisors and employees how to develop an employee's performance plan. The two courses, "Performance Management for Supervisors/Managers" and "Performance Management for Employees" will be taught in the November and January timeframes.

"Performance Management for Supervisors/Managers," a

16-hour or two-day class, will be offered Nov. 15-16 and Nov. 17-18. "Performance Management for Employees" will be in January or February.

Other classes the instructors will be trained to teach and will be offered on base at later dates include courses on human relations, labor relations and pay pool management.

Ann Johnson Brown, a member of the NSPS training team, is coordinating an additional class entitled "Taking Charge of Change," for supervisors and non-supervisors. The class is in a development stage at this point, but it is expected to be offered after the first of the year.

"We are going to piggyback off a course that Wright-Patterson is in the process of developing," Ms. Brown said.

"Our plan is to offer an eight-hour class open to all Brooks employees – both supervisors and non-supervisors. The purpose of the class is to help employees deal with the stresses of change – to feel that they have some control of the change."

Meanwhile, members of the Brooks NSPS Implementation Team continue to urge managers, supervisors and employees to participate now in the numerous Change Management and Soft-Skills training classes. Brooks employees will transition to NSPS as early as April.

"The implementation of NSPS will require managers, supervisors, and employees to have a basic knowledge of NSPS regulations and processes," Ms. Robertson said. "Also, they will need to know the core competencies or soft skills to successfully transition to and thrive in the new system."

tencies or soft skills to successfully transition to and thrive in the new system."

While the Change Management and Soft-Skills classes do not provide technical information about NSPS, they focus on the development of communication and change management skills

which will be needed to successfully implement NSPS, Ms. Robertson said. These courses can be taken online anytime before or during NSPS implementation. Training on NSPS regulations and processes will be provided to employees and supervisors when NSPS is deployed.

Instructions for accessing computer-based training courses via the Air Force Portal:

1. Log into the AF portal: <https://www.my.af.mil>
2. If you do not have a user name and password you will need to create one. Go to the Register Now box and select "Register without CAC"
3. Once you have your user name and password, login and ensure that you are on the AF Home tab page.
4. From the "Top Viewed Items" area, select "IT E-Learning"
5. Once you select "IT E-Learning" the SkillPort page will appear. Using the "Search for" text box you can search for any courses you wish.
6. If you wish you can change the category drop down to "Courses" to speed up your search.



Junior force summit puts career development on leaders' scopes

By 1st Lt. Lea Ann Chambers
AFMC Public Affairs

Junior Force Council members throughout Air Force Materiel Command will meet at Wright-Patterson Air Force Base, Ohio, Oct. 12-13 to talk with senior leadership and each other about the command's council efforts and to learn about force development initiatives.

The establishment of councils across AFMC is just one of seven focus areas Command leadership emphasized after a 2004 study of the command's junior officer, enlisted and civilian Airmen was completed. The councils provide a direct link between the junior force and center leadership at AFMC locations.

Other focus areas resulting from the study include mentoring, career paths, improving communications, strengthening feedback, recognition and appreciation, and a supervisors' resource center. All seven focus areas can be explored by selecting "junior force" from the AFMC home page.

General guidance for setting up the councils was released in September 2004 that gave the centers flexibility and creativity in creating a council that was right for them, said Ms. Gena Baujan, AFMC professional development analyst. Most councils were established in December 2004 with charters by March 2005.

The Brooks City-Base charter was established in April, with 2nd Lt. Walter McMillan leading

the charge as the council president. Lieutenant McMillan said he met with the Brooks senior leadership, briefing them on some of their council's initiatives. "They were thrilled to see the results of our recent efforts, and gave us their blessing to move on with their full support," he said.

Lieutenant McMillan said there are three primary methods for the Air Force junior force at Brooks to have a voice in issues of concern. The first way is to discuss issues with a JFC representative. Each unit organization has a representative who will listen to complaints or issues and take those issues to the council for discussion.

The second method is through an Internet feature known as a

Community of Practice, which provides a forum for councils to post items of interest for their members or anyone seeking information on the focus areas or councils in general. The sites are open and do not require a password.

The third method for presenting issues to the council is through periodic town hall meetings, where the Junior Force Council will provide feedback to the force and hold open forum discussions.

Since developing a charter, the councils have been busy, Ms. Baujan said. A video teleconference was held in June between council leadership and command leadership in which each AFMC council shared their current and

planned activities. In addition, each council was assigned to solicit junior force perspectives on specific leadership issues. During the summit, the councils will present their findings to command leadership.

The summit will also provide a good opportunity for the councils to collaborate and get ideas from each other, Ms. Baujan said.

AFMC's workforce, not just the junior force, should check out the AFMC council site as well as their local council sites, Ms. Baujan said. They can find out about meetings, sign up to find or be a mentor, acquire supervisory tools and much more.

For more information on the Brooks JFC, contact Lieutenant McMillan at 536-3654.



A LOOK at BROOKS

What is your favorite leisure time activity and why?



Master Sgt.
Robert St. Jean
68th IOS

Playing golf because it is a nice stress reliever.



Master Sgt.
John Ebbrecht
68th IOS

Running — it relaxes me and clears my mind.



Staff Sgt.
Marcus Simmons
AFIOH

Spending time with my kids. Family is really important to me and if I spend time with them, it will lead them to be productive citizens.



Staff Sgt.
Joe Mulgado
AFIOH

Spending quality time with my family because I cherish every moment that I am around them.



Brenda Ann Garza
Construction Inspections

Doing puzzles — they help me stay focused and relaxed.



BROOKS SPOTLIGHT

Things to do around Brooks

Janice McMahon, 536-5475

SIDNEY'S

Bldg. 1154, 536-2881

Sidney's has been "scrambling" to please its customers. It now offers eggs cooked to order — omelettes, scrambled or fried, plus pastries and bagels. Stop by the new grill on the food line.

FITNESS CENTER

Bldg. 940, 536-2188

Construction on additional showers to the women's locker room will start Oct. 17. The project will take approximately 45 days to complete. The men's DV locker room will be used to accommodate female personnel. Individuals in the men's DV locker room will be required to have their possessions moved from the area by Thursday.

Arrangements are being made to accommodate these individuals with lockers in the men's locker room. During the construction phase, all lockers in the men's DV area will be daily use only and any locks left on overnight will be cut and contents removed. The base swimming pool will be used as an overflow area specifically for the use of showers Monday through Friday from 7 a.m. to 4 p.m. In addition, the Health and Wellness Center has a shower area that will be made available Monday through Friday from 8 a.m. to 4:30 p.m.

Stop by the center and get more information on the many free classes offered by the staff. On going instructional classes:

- Aerobics: Mon, Wed: 5 p.m.; Fri: 11:30 a.m.
- Yoga: Mon, Wed, Fri: 5 p.m.
- Pilates: Mon, Wed, Thurs: 5 p.m.
- Kickboxing: Mon: 11:30 a.m.; Fri: 5 p.m.
- Power Cycling: Tues, Thurs: 11:30 a.m.
Tues, Thurs: 5 p.m.
- Circuit Training: Tuesday, Thursday: 6:15 a.m.
Tuesday, Thursday: 11:30 a.m.

BROOKS CLUB

Bldg. 204, 536-3782

Gourmet Night — Gourmet Night will be offered today at the Brooks Club. Dinner will be served at 7 p.m. and the cost is \$30 per person. The menu for the evening will consist of gazpacho soup, red snapper and scallop cancun, grilled marinated pork tenderloin with sweet potato puree and warm chipotle salsa, mixed cabbage and apple salad and lemon charlotte. Reservations are required and seating is limited to 30 guests.

Cook Your Own Steak Night — Patrons can now grill their own steaks. Bring the family or friends to the Boar's Head Pub every Monday evening from 4 to 7 p.m. and cook your steak just the way you like it. For \$7.50, you will receive a New York strip steak, potato salad, baked beans, rolls and butter.

OPERATION HALLOWEEN

Bldg. 470, 536-2515

Halloween is just around the corner so it's time to make plans for a safe fun, filled evening. Create that unique, one-of-a-kind costume for kids in your family and attend the costume contest at the Youth Programs Center. Age groups for judging will be 0-3 years, 4-5 years, 6-8 years, 9-12 years and 13-18 years. Prizes will be awarded to winners of each category.

Trick or Treating will be through base housing form 6 to 8 p.m. Food and beverages will be sold at a nominal fee at the center during the evening. There will be games for youth to participate in on the center grounds. Stop by the center and pick up your entry form for the Halloween coloring contest. The deadline for submitting your completed entry form is Oct. 25. Winners will be announced Oct. 26 and entries will be displayed Oct. 26-28.



BOWSER

Q&A

FULL NAME:
Airman 1st Class Aja Bowser

DUTY TITLE, ORGANIZATION:
Electronics Systems Security Analyst,
68th Information Operations Squadron

IN SIMPLE TERMS,
WHAT DO YOU DO?:
Conduct telecommunications
monitoring

BIRTHDAY:
May 18, 1985

HOMETOWN:
Newton, N.C.

FAMILY STATUS:
Single, no boyfriend and looking

PERSONAL MOTTO:
"A trade not properly learned is an
enemy." –Irish Proverb

PET PEEVE:
Tea Pots and Cowboys

INSPIRATION:
My grandmother who has always been
there for me.

HOBBIES:
Driving my car, fishing, going to the
movies, shopping and watching
"Girlfriends"

I JOINED MILITARY SERVICE
BECAUSE:
At first I joined just to get enough
money for college but I fell in love with
military lifestyle and never want to
leave.

FIVE-YEAR GOAL:
To get out of the dorms

ULTIMATE GOAL:
To get a PhD in Forensic Psychology

FAVORITE MUSIC:
I listen to everything but the last CD I
bought was Tool.

MY GREATEST
ACCOMPLISHMENT:
Passing my CDCs!!!

MY MOST PRIZED POSSESSION:
My Car

IF I WON THE LOTTERY I'D:
Pay off my bills, give my 10% to the
church, buy a house for me and some
for my good friends.

No rest for the weary



Photo by Tech. Sgt. Alfonso Ramirez Jr.

By Kendahl Johnson

Discovery editor

For many enlisted Air Force members, the workload is heavy and the days are long, leaving little time for involvement in extracurricular activities. But for one Brooks Airman, the opportunity to volunteer in various causes is too enticing, despite a heavy workload.

Airman 1st Class Aja (pronounced Asia) Bowser isn't happy unless she is getting involved. "I don't really like to sit around," she said. "The only time I am not doing anything is when I am sleeping. I just like getting involved, whether it's helping people or just doing something productive."

Aja Bowser works for the 68th Information Operations Squadron as an Electronics Systems Security Analyst. Her job is to monitor unsecured telecommunication lines. But when she isn't working, she is laboring for other causes. She is currently the president of the Airman's Council, where she oversees Airman volunteers in organizing Project CHEER events, managing food bank donations, or directing service projects, like helping build homes for Habitat for Humanity. She is currently preparing for the Nov. 18 Combat Dining In, which she said will be a "great time."

She is also an Ambassador, representing Brooks at various community functions, schools and parades. She is a physical training leader for her unit and has spent hours volunteering in the Katrina Relief effort at KellyUSA. "I was working on 30 minutes of sleep, but it was very rewarding," she said. Her efforts, both in the workplace and beyond, earned her an Airman of the Quarter nomination.

Airman Bowser grew up in a small town in Newton, N.C. Following high school graduation, he plans were to go to college. She was accepted to Appalachian State University but didn't have

the money to pay for it, so she decided to join the Air Force.

"Both my parents were in the Air Force so I figured I might as well keep some sort of tradition going and I went ahead and joined," she said. She enlisted in November 2003. Although she wishes she could have gone to school, she said joining the Air Force was "the best decision I ever made."

Her career field limited the options of base assignments for new recruits. She had just three choices – Hickham Air Force Base, Hawaii, Ramstein Air Base, Germany, and Brooks. "I had hopes and dreams of Hawaii but I think everyone does," she said. She didn't get Hawaii, but instead was assigned to Brooks. Following a stint at Goodfellow AFB, Texas, for technical school, she came to San Antonio for her first duty assignment.

Although she missed an opportunity for a formal education, working in the Air Force has been an education for Airman Bowser. She gives credit to her supervisor, Staff Sgt. Norman Gadson, for mentoring her and helping her adjust to military life. And knowing her job is vital to the safety of the Air Force keeps her motivated. "What we do makes people aware that OPSEC (Operations Security) is very important," she said.

Plans to earn a formal education were not cancelled, just postponed. She hopes to further her education with an eye towards becoming a forensic psychologist for the Air Force. She took the Texas placement test this month and is planning to attend a specialized college and eventually earn a doctoral degree. "Education is very important to me," she said.

Retiring from the Air Force after 20 years is included in her long-term goals.

Her short term goal is a little less lofty. "My goal is to get out of the dorms," she said with a smile. "I think that's everyone's goal though."

In her very limited spare time, Airman Bowser enjoys dining out with friends. And she is usually the one to drive, as she likes to show off her recent purchase – a Toyota Celica. "Most people don't have a dream car, but that is mine. I think it's a pretty good accomplishment to have your dream car." She said she has no boyfriend, but wouldn't mind having one. "But I don't want just any boyfriend – I want a good one," she said with a perpetual smile that seems to never leave her face.

For now, with or without a boyfriend, Airman Bowser is content on giving her all to the Air Force. She will continue to work hard. She will continue to volunteer. She will continue to get involved. She will continue to cruise the streets of San Antonio in her dream car. And of course, she will continue to smile.



Photo by 2nd Lt. John Chattaway

Airman 1st Class Aja Bowser represented Brooks City-Base at the 112th Comal County Fair Parade Sept. 23. Airman Bowser was joined by ambassadors from Lackland Air Force Base, Randolph AFB, Air Intelligence Agency and Fort Sam Houston aboard the military float.



AN AEROSPACE MEDICINE SERIES

ON THE CUTTING EDGE

AF vision science leads to eye-opening marvels

(Editor's note: This is Part 8 of a comprehensive series that focuses on the enormous impact that Air Force vision and ingenuity has had in the development of lifesaving scientific medical advances and innovations whose legacy continues to benefit America's military and civilian community.)

By Rudy Purificato

311th Human Systems Wing

Like two million people worldwide who have had corrective vision surgery, Staff Sergeant Lee Snider is grateful his eyesight has measurably improved. This Keesler AFB, Miss. graphics illustrator, however, is among few patients who know that Air Force aerospace medical research is primarily responsible for helping people see beyond their wildest expectations.

"I honestly didn't expect my eyesight to get as good as it has," admits Sergeant Snider, referring to photo refractive keratectomy surgery he had in 1999 at Lackland AFB's Wilford Hall Medical Center.

Part of a U.S. Air Force School of Aerospace Medicine PRK study, Sergeant Snider credits this revolutionary procedure for extending his Air Force career. "If it (sight) kept getting worse, I would have been medically declassified out of graphics," he said, noting that his mother had been discharged from the Air Force for failing vision.

The PRK process, which contributed to the development of LASIK surgery, is among the many discoveries born out of the inspiration of Air Force visionaries whose scientific studies originated to keep aviators flying.

"If you can't see, you can't fly," said Dr. Thomas Tredici, the legendary 83-year-old senior

USAFSAM scientist-ophthalmologist whose research and medical evaluation of flyers has contributed to aerospace medicine heritage.

USAFSAM's predecessor, the Medical Research Laboratory that pioneer ophthalmologist Dr. Theodore Lyster founded, began with an ophthalmology department that produced America's first visual standards for flying.

Its scientists also developed the first stereoscopic (depth perception) testing device and proved hypoxia affects vision. The lab laid the foundation for the evolution of aerospace ophthalmology that focuses on factors affecting aviation vision: excessive electromagnetic energy exposure, G-forces, hypoxia, aging and disease.

"Most of the information necessary to accomplish flying tasks is gathered by the visual sense. It is important to maintain aviators' vision at peak efficiency," says Dr. Tredici. He explained that aerospace ophthalmology plays a critical role in determining and modifying visual standards for air crew selection and retention, and making recommendations for improving aviation visual aides and ocular protection devices.

"A thorough eye examination and visual standards screen out most ocular pathology and visual problems that are incompatible with flying. However, the refrac-

tive status of the eye may change as one matures," Dr. Tredici said.

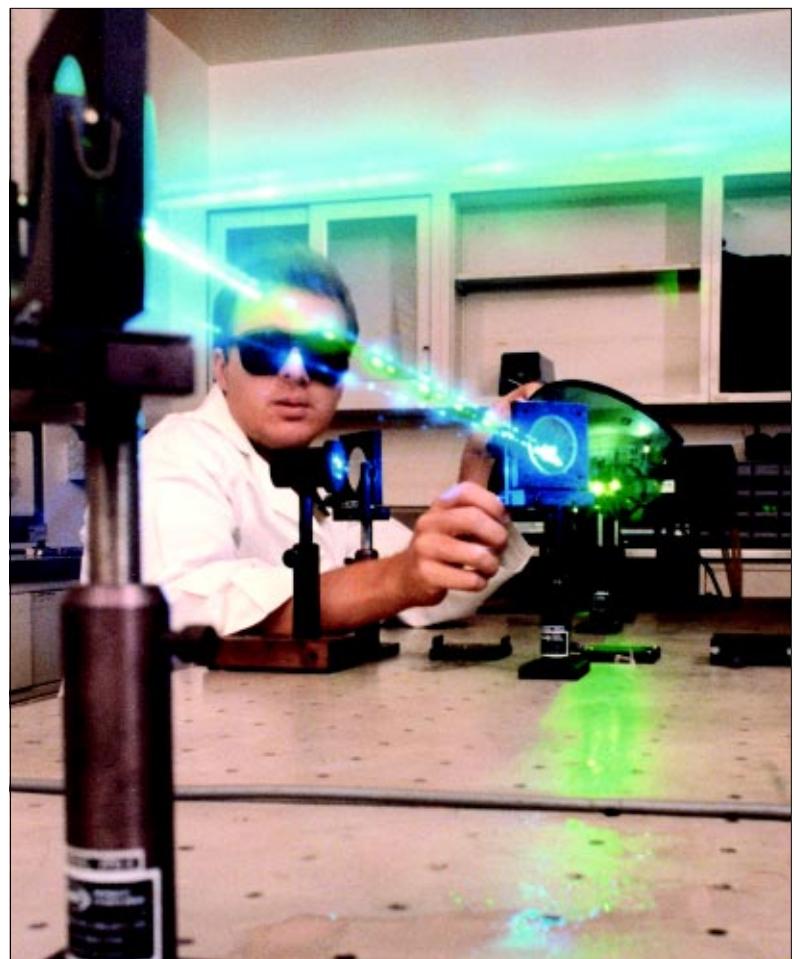
While aerospace ophthalmology contributed to contact lens and intraocular implant development that supported aviators' visual rehabilitation, an Air Force physicist here serendipitously made a medical discovery that has had a profound impact on vision science.

In 1979, a year after radial keratotomy surgery premiered in America, Dr. John Taboada achieved a medical breakthrough while working for USAFSAM's Radiation Sciences Division. "I conducted the first study of excimer laser bioeffects. At the time, the Air Force was interested in using excimer lasers in powering the production of powerful green lasers used in long distance communications," Dr. Taboada said.

The world's first excimer laser exposure of living eye tissue produced a dramatic result. "I discovered a remarkable self-healing effect of the corneal tissue exposed to short pulses of laser energy. It created a minute excavation on the tissue that disappeared after two hours of self-healing," he said. Dr. Taboada called this non-damaging, laser-induced resurfacing of the cornea 'photo refractive keratectomy.' Known today as LASIK (laser-assisted in situ keratomileusis), Dr. Taboada's modified procedure is considered superior to the diamond blade incisions used in radial keratotomy surgery to correct myopia, the nearsightedness that a quarter of Americans experience.

The Food and Drug Administration approved PRK in 1995, followed by the Air Force in 2001. "It's (PRK) very good for the Air Force. Years ago, no one was accepted (for flight training) with myopia," Dr. Tredici confessed.

Maintaining aviators' flying status has been the primary goal of aerospace ophthalmology since its inception. Research here has sought to combat disease-induced vision loss such as glaucoma. "In 1965, drugs were available for treating glaucoma,



The U.S. Air Force School of Aerospace Medicine used the coriolis stimulator, nicknamed the Texas Twister, as a vestibular system research tool. The device measured pilots' resistance to disorienting movements caused by inner ear imbalances.

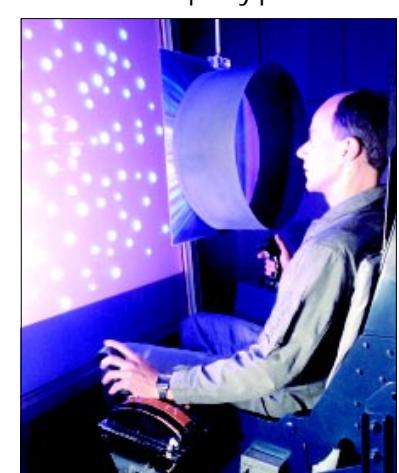
but the side effect was myopia," Dr. Tredici said. USAFSAM studies led to an Air Force-adopted alternative drug therapy that didn't cause secondary visual disturbances.

Since the 1940s, aerospace medicine has produced many vision-enhancing innovations. They include the development of the color vision testing lantern and Armed Forces vision screener, panoramic night vision goggles, aviator sun glasses and helmet visors, flash blindness protective devices, laser eye protection spectacles, techniques for photographing eye blood-circulating fluorescence for detecting ocular disease, enhanced cockpit visual displays, Dr. Lee Task's anti-glare windscreens, Dr. Beckwith Steiner's opto-illuminator for treating amblyopia (lazy eye) and Dr. Taboada's oximeter for measuring retinal oxygen levels used in diagnosing macular degeneration.

Air Force Research Laboratory biophysicist Dr. Ben Rockwell's laser ocular damage research has had a global impact on eye and cancer surgery, the micro machinery industry and helicopter navigation that uses Laser Infrared Detection and Ranging to detect power lines. "Based on Dr. Rockwell's group's cutting edge research, the American National Standards Institute has adopted laser safety

standards. For the first time, the world has standards for laser exposure at the ultra-short range," said Dr. Leon McLin, Jr., an AFRL scientist.

Laser bioeffects research here has also produced the patented, commercial Intraocular Laser Surgical Probe that uses laser energy to clear up vision obstruction and help reduce potential retinal detachments. AFRL optical physicist Dr. Pat Roach integrated ideas from medicine, engineering and physics to create the probe. Former Air Force researcher Dr. Cynthia Toth, a vitreoretinal surgeon at Duke University's School of Medicine, credits Dr. Roach for his invention that has since helped diabetic retinopathy patients.



Courtesy photos



An altitude chamber participant takes a visual acuity test. Color vision loss due to hypoxia at high altitudes results in a "graying out" effect that can potentially compromise a mission.

Vision science and spatial orientation pioneers Dr. Kent Gillingham and Fred Previc's work at the Visual Orientation Lab at Brooks led to improvements in Air Force cockpit displays.



HSG wins base triathlon

By Rudy Purificato
311th Human Systems Wing

Anchored by the competition's top female and male athletes, the Human Systems Group's number one team won its first base triathlon Sept. 23 during the 2nd Annual "End of Summer" Triathlon.

The event, originally planned as the first sprint relay triathlon ever held at Brooks, involved five teams that competed in a traditional format modified for Brooks City-Base participants.

"We decided to have a continuous relay that allowed each athlete to compete in all three events," said 1st Lt. Erica Lindstrand, event organizer.

The original plan to have a sprint relay format, that limits each athlete to a maximum of two events, was scrubbed she said in favor of the teams' desire to have everybody compete in the three events: cycling, running and swimming.

A total of 30 athletes competed in the triathlon that began with a five-mile ride on a stationary bicycle that featured, for the first time, odometers. The sec-



Photo by Staff Sgt. Alfonso Ramirez Jr.

ond leg of the competition included a 1.75 mile run that ended when participants dove into the base swimming pool to complete the final leg: a three-lap, six-lane, 150-yard swim.

HSG, which finished fourth out of 10 teams last year, swept the competition. They also had the overall female and male triathlon champions: Maj. Carol Fields

who posted a time of 26:15 and 1st Lt. Richard Whiting who had a time of 22:32.

The U.S. Army team finished in second place for the second consecutive year. HSG's second team finished third, followed by the 68th Information Operations Squadron's number two and number one teams that finished fourth and fifth, respectively.

Brooks pilot beat Jim Thorpe for Olympic gold

By Rudy Purificato
311th Human Systems Wing

When 2nd Lt. Harry Stoddard Babcock became a Brooks Field pilot in 1918, many aviators here learned that he was an Olympic champion. Few, however, knew that he had defeated one of the greatest athletes in the history of the Olympic Games to earn a gold medal in the pole vault.



Lt. Harry Babcock

The New England-bred Babcock was just 23 years old when he made the U.S. Olympic track and field team in 1912. Making the team was an achievement in itself, for he had to compete against legendary teammate Jim Thorpe, the two-time All-American in football from Carlisle Indian School in Pennsylvania.

Casting Babcock further in the shadows of anonymity were other world-class athletes on the U.S. team including New York City cops Matthew McGrath, the reigning world record holder in the hammer throw, and Patrick McDonald, a shot put champion.

Babcock's odds of winning a medal in his first Olympics were very long, considering the 24-year-old Thorpe's second best track and field event was the pole vault.

While the U.S. track team was considered one of the strongest ever fielded, nobody knew when they boarded their ship in New York City for Stockholm, Sweden, that the games would become Thorpe's personal playground. A member of the Sac-and-Fox tribe from Prague, Okla., Thorpe shattered world records at the V Olympiad in the pentathlon and decathlon. His stunning victory in the decathlon, considered the most physically demanding, led King Gustav V of Sweden to declare publicly, "Sir, you are the greatest athlete in the world."

Babcock had one advantage over Thorpe in that the former competed only in the pole vault. By the time Thorpe competed against Babcock, he had already won the five-event pentathlon and was in the midst of competing in the ten-event decathlon.

Having already set a new world record in the high jump, his best event, during the first day of the decathlon, Thorpe's second day of the competition was even more challenging. It featured a grueling schedule: first, the 110 meter hurdles, followed by the discus throw, pole vault, javelin throw and 1,500 meter run.

Lost in Thorpe's decathlon victory was Babcock's gold medal-winning performance. Thorpe had shattered many world and Olympic records there, including two that still stand today: the high jump and shot put. Babcock's other notable teammate also overshadowed him. McGrath set an Olympic record in the hammer throw that stood for 24 years.

Besides Thorpe's achievements, the 1912 Olympics were also known for being the first games to feature electronic timing equipment for track events, including the first photo-finish device. The public address system premiered there as well.

Twenty nations, consisting of 2,407 athletes, competed in 102 events at the 1912 games that were held in Sweden's capital from May 12-July 27. The U.S. won the most gold medals with 25 to go along with its 19 silver and 19 bronze medals.

Babcock didn't get a chance to defend his Olympics' pole vault title because World War I cancelled the 1916 games scheduled for Berlin, Germany. In 1917, Babcock was drafted into the Army where he became one of the top pilots at Brooks.

He missed the 1920 Olympic Games in Antwerp, Belgium where his former teammate McDonald, a gold and silver medalist in the 1912 games, made history. At age 42, McDonald became the oldest athlete in the Olympic Games to win a gold medal. He did it in the 56-pound weight throw.

Services, AFCEE advance to finals in base golf tourney

By Rudy Purificato
311th Human Systems Wing

vices beat AFCEE twice during the regular season, Gonzales said.

"They've been building up to this over the years," he explained, noting that the impact player that has made a difference in AFCEE's play this season is David Holguin.

Led by captain Boyce Marting, AFCEE's other notable players who are expected to compete for the base championship this week are Joe Rosales and Dale Fox.

Services will counter with their fearsome foursome: Jim Connell, Jose Valadez, Jeff Mylar and Gonzales.



Photo by Staff Sgt. Alfonso Ramirez Jr.
Former base golf champion and member of the Services intramural team Jose Valadez tees off at the Brooks Golf Course.

Discovery's fantasy football update

After four weeks of fantasy football competition, the Discovery Challenge is shaping up to be a highly contested battle of wits, with a few surprises.

Staff Sgt. Max Alvarado leads the eight-team league with a 3-1 record, bouncing back from a opening day loss to notch three consecutive wins. In week three, he scored a league record 179-point performance in week three to defeat the league favorite.

In second place, also with a 3-1 record, is Kendahl Johnson. Johnson suffered a devastating loss in week three, but rebounded nicely with a win last week. Johnson's fifth round pick of quarterback Donavon McNabb is proving to be a stroke of genius, as McNabb is currently the top rated quarterback in the league.

Staff Sgt. James Sheerin also sports a 3-1 record and remains in contention for the league title. Preseason experts predicted Sheerin's Hokies to finish second in the league and so far his team has not disappointed.

2nd Lt. John Chattaway's top pick, QB Peyton Manning, has led the Indianapolis to a 4-0 record, but his surprisingly low number of touchdowns has led Chattaway's team to a 2-2 record, good enough for fourth place. If Manning starts to shine, this team should continue to win and climb in the standings.

In fifth place is fantasy football expert Tech. Sgt Warren Benge, with a 2-2 record. Last week, he suffered a one-point win to rival Alvarado. Wrong decisions in his starting lineup cost him another win in week one, otherwise this team might be undefeated. His solid corps of players should keep this team in playoff contention.

Also at 2-2 is Capt. Jason Bishop. Bishop's team is loaded with Minnesota Vikings, who are off to a slow 1-3 start. Bishop is hoping that his top pick, QB Daunte Culpepper, can get on track and lead the Vikings to the playoffs. If he does, Bishop could also be a solid contender.

Preseason polls picked Capt. James Kisner's team has yet to shine, despite solid production from his QB Marc Bulger and rookie running back Cadillac Williams. His 1-3 record is even less impressive considering his team has scored fewest points in the league.

Keeping Kisner out of cellar is Senior Airman Andre Scott, whose Giants are the only winless team in the league. An 0-4 start will greatly hurt Scott's chances of making the playoffs. His team looks solid on paper, but he has received virtually no production from his wide receivers, a vital position that fills three of the fantasy lineup positions.

— Kendahl Johnson